

Health & Air Quality

Protect Your Health

If you have poor respiratory health, lung disease or breathlessness, or just want to minimise your exposure to poor air quality, this leaflet contains information about websites, services, information and apps that could be useful.

General information

If you would like to know more about local air quality the Southwark Council website has lots of information. It includes London and borough-wide monitoring results, reports, consultation responses on air quality issues from the council, resources (posters/leaflets/educational resources/etc.) that you can download, links to air quality forecasting sites and much more. General information on air quality can be found at: <https://www.southwark.gov.uk/environment/air-quality>

The [Nowcast](http://www.londonair.org.uk/LondonAir/nowcast.aspx) service shows up-to-the-minute pollution levels across London. Go to: <http://www.londonair.org.uk/LondonAir/nowcast.aspx>

The Government's [Department for Environment, Food & Rural Affairs \(DEFRA\)](https://uk-air.defra.gov.uk/) provide information, updates and forecasts on UK air pollution at <https://uk-air.defra.gov.uk/>. They also have a twitter feed to follow and email alerts to sign up to, all accessible via their webpage. You can also call [0800 55 66 77](tel:0800556677) for recorded information if you prefer.

Protect your health

Poor quality air can put a strain on biological systems and cause chronic and acute health problems to those who are susceptible, so if you, or someone you care about, is

very young, very old or has a lung or heart health problem, there are useful resources and services to help you lower your, or their, exposure to poor quality air.

The [airTEXT](#) service predicts when air pollution levels may be harmful to health. This service will send you a text, voicemail or email. These messages provide advice, which could include taking your inhaler or angina spray with you, taking extra doses of medication if symptoms get worse and/or avoiding strenuous outdoor activity on polluted days. You can sign up to [airTEXT](#) at <https://www.airtext.info/signup> or download the [airTEXT app](#) onto your smartphone so you can check it whenever you wish.

To lower your exposure to air pollution it is best to avoid busy roads. [Quietways](#) are a network of safer, low-traffic cycling routes across London. [Quietways](#) can also be used for walking, scootering, pushchairs and mobility scooters. Maps of the [Quietways](#) can be found at: <https://tfl.gov.uk/modes/cycling/routes-and-maps/quietways>

The [Walk-it app](#) allows you to plan a mapped low pollution active (cycling or walking) route from A to B from anywhere in London. It can also plan circular walks of a length of your choice if you would like to walk for health, dog walking or leisure reasons. You can download the [Walk-it app](#) so you have the maps with you when you are on the go. Go to: <http://walkit.com/cities/london/>

Reduce your emissions

If you do your bit by making a small change to reduce your own emissions it will improve air quality and if we all do something to improve air quality it will make a big difference. For ideas on what you and/or your family could consider, go to <https://www.southwark.gov.uk/environment/air-quality/what-you-can-do>. Simple changes you could make include:

- Leave the car at home
- Get a low emission vehicle next time
- Use a car club or car share
- Take public transport
- Cycle or walk
- Choose 'Click & Collect' for home deliveries when online shopping
- Use less gas and/or electricity
- Eat less meat